

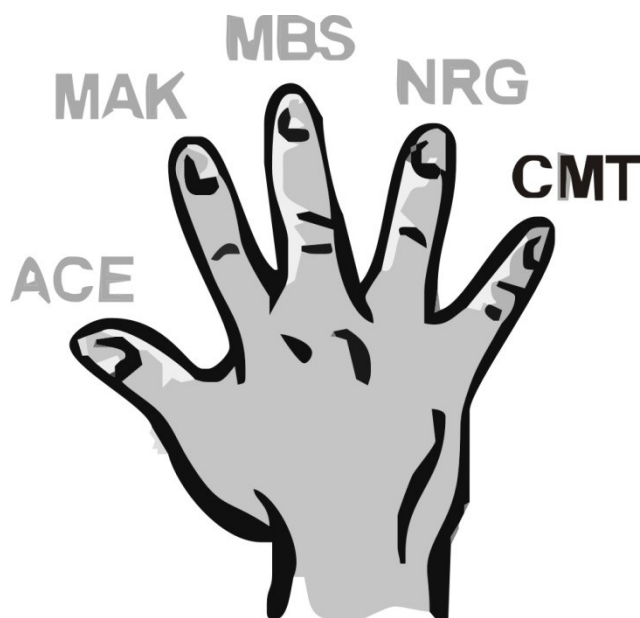
WINJITSU

BOOK FIVE

CMT

Creative Mental Training

(Little Finger) – The Magic of Visualization



On the three parts of the pinkie finger we have C-M-T: Creative Mental Training. We have already discussed the importance of the mind and mental focus. This section is designed to bring awareness to the concept of training mentally.

It is equally as important (if not more important) than your physical efforts. Being aware is just not enough. You need to develop these skills, and CMT is the training gym for the mind. Everything you

learned so far is in preparation for Creative Mental Training. Without CMT, you are relying on short-lived motivation and willpower based energy. CMT will not only be the tool for sculpting a positive self-image, but also improving any area of life you decide to focus on. To do so, you need to make use of the most powerful part of your brain, your creativity.

Why is being creative important? With creativity, we can formulate our future, solve problems, and improve on our self-image. The way to succeed in life is to think and act creatively. When faced empty-handed against a knife wielding assailant, it takes creativity to find a solution to defend ourselves. For example, you could use a trash can lid as a shield and a beer bottle as a weapon. Maybe you can use your jacket to protect your hands or your belt to keep the attacker at bay. One of the reasons people learn so fast in my system of Martial Science is that I allow students to be inventive.

Creativity creates life; without it, every day would be the same and we certainly wouldn't have the abundance of choices that are available to us today. Feel like renting a movie? Well, you can choose from the following list of options:

Drama
Comedy
Action
Adventure
Horror
Romance
Science Fiction
Fantasy
Animation

That's variety. Your creative mastery is being in charge of how you create each of your days. How do you want your day to be? Do you want it to be a soap opera, full of laughter, a day of action, a new experience, filled with fear, or a quest for love? With the creative powers of the mind, you can **change** your feelings in the moment and the experiences you get in life. Remember, although you might have a negative memory haunting your mind, you have the power to disable any control by simply changing the picture of that experience you have stored in your brain.

Let's think for a moment about the following list of words:

Creativity

Thinking
Originality
Innovation
Imagination
Uniqueness
Ingenuity
Inventiveness
Thoughts
Freshness
Inspiration
Improvement
Mind's eye
Cleverness
Resourcefulness
View
Vision
Cunning
Muse
Idea
Insight
Ponder
Intelligence
Wit
Outlook
Reflect on
Plan
Insight
Contemplate

Do you feel you could put more of these words to use? Do you already make regular use of some of them? Which ones could you use more often to improve your life? CMT can be broken down into the following three areas:

CREATIVE – positive focus

MENTAL – how we communicate with brain

TRAINING – the way

Let's review these before we get into the strategy of Creative Mental Training.

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POSITIVE CREATIVITY



Some people spotlight their attention on a well-to-do tomorrow while others only see the depths of despair of their environment.



You always have a choice to either dwell on a negative past experiences or learn from it and go on to something positive. By consciously practicing positive creativity, we can balance our thoughts and emotions. This often takes a little effort and imagination.

When something happens to make you angry (thumbs down attitude) and you realize you need some positive change, be creative and ask the following questions:

"What about this is funny?"

"What about this is useful?"

“What is the positive spin?”

I asked why creativity was important in a lecture once and one of my participants said, *"to make life less boring."* At which time I had to add a positive spin and say, *"Or make life more exciting;"* this way we keep it in a positive sense. The reason we keep it positive is because the mind thinks about what you say and thus is directed towards it. If you say, *"Don't get into a car accident,"* the mind visualizes the car accident. Instead, it is safer to say, *"Drive safely,"* or *"Stay alert."*

This positive spin is very important to our success. The mind thinks in pictures and doesn't know what to make of words that do not create an image. So if you say to yourself: *"I don't want to be fat,"* the brain tries to associate an image of being fat. If you want to direct the mind, then consider what it will be thinking about when you say, *"don't eat the pizza."* It will be thinking about pizza.

To aid us in making things fit into this positive frame of reference, we need to be creative. If we know how to communicate with the brain, we can understand why it is important.

Creativity gives us the ability to mentally change or develop the image of what we desire. Not only does this help us to visualize potential, but it also keeps the image in our mind.

Out of sight out of mind

Out of mind out of sight

CMT training will allow you to truly focus on your AIM of:

Attracting
Improving
Making

With CMT we will have the power to attract things into our lives, improve things in our lives, or make things in our lives.